



Town of Braintree Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

"We are your link between needs and services"

Mayor Joseph C. Sullivan

(Hours: 8:30 a.m.– 4:30 p.m. Terese Jarrett, Reception Coordinator)

Sharmila Biswas, Director

Mary Howland, Outreach Coordinator

Terese Jarrett, Reception Coordinator

Sandra Young, Coordinator/Volunteers

William Murphy, Custodian

Frank Defrancesco, Van Driver

PHONE: 781 848-1963

FAX: 781 848-2835

WEB: www.townofbraintreegov.org



***Braintree Senior Center
Fall Foliage Trip
Thursday, October 13, 2016
\$58.00***



Join our Fall Foliage Trip to the beautiful historic **Salem Cross Inn** in Brookfield, MA. A truly authentic New England experience, Salem Cross Inn (1705) is listed in the National Register of Historic Places. You will be served a delicious luncheon, and we have made special arrangements for you to be entertained by, **Charles Lask, a Neil Diamond impersonator**. After lunch & music it is off to the **Breezeland Orchards** to purchase apples, jellies, maple syrup, honey, cheeses and famous baked goods before your trip home. This will be a great fall foliage trip—so come enjoy!

Luncheon Choices: Old Fashioned Chicken Pie with Biscuit or Baked Schrod

Tickets: Must be purchased by September 12, 2016 (Braintree residents only—out of town wait list)

**U.S. Disabilities Act of 1990 - Town of Braintree - A handicapped-accessible coach bus may be made available upon receipt of notice provided to the Braintree Senior Center at least one month (30) days prior to the date set for the trip—call 781-848-1963*

Please hold the date...

Braintree/Weymouth

"Senior Walk for Fitness at Pond Meadow"

Wednesday, October 12, 2016 (rain date Oct. 14th)

This is a reminder to save the date..... For our annual **"Senior Walk for Fitness"** being held this year on **October 12th at 10 a.m.** at Pond Meadow Park. Both the Braintree & Weymouth Senior Centers join forces to offer this walk, which has been an huge success for several years. We have 3 walking routes with support provided during the walk offering water, nurse/staff and van service if needed. Vendor informational tables, tee-shirts and this year health lunch after walk – great fun for everyone, so don't miss out this wonderful yearly event. Limited event!

You can register for this event starting in September by calling:

Braintree Senior registration: 781-848-1963

Weymouth Senior registration: 781-682-6140



BLOOD PRESSURE CLINICS (free)



September 13, (Tues.) at Senior Center 10-11 a.m.
September 30, (Friday) at Senior Center 10:30 a.m.

SHOPPING SHUTTLE SCHEDULE



Reservations must be made at least **48** hours in advance by calling: **781-848-1963**:

Pick-up time is from: **9:30 to 10:00 a.m.**
Return time is from: **11:30 to 12:00 p.m.**

Sept. 1,	Shaws/Pearl Street
Sept, 6 & 8	Stop & Shop/Grove Street
Sept. 13 & 15	Roche Bros/Quincy Ave.
Sept. 20 & 22,	Shaws/Pearl Street
Sept. 27 & 29,	Stop & Shop/Grove Street

****Van Trip: Sept. 9th @ 10 a.m: Hanover Mall**

BRAINTREE MEETINGS



Sept. 6, **"Low" Vision Group Meeting - 10 a.m.**
Meeting at Senior Center to all with vision problems.

Sept. 12, & 26 **Braintree Senior Bereavement Group - 2 p.m.**
Meeting at Senior Center twice monthly at 2 p.m.
Please call for information and to sign up.

Sept. 16, **Braintree Elder Affairs Board Meeting - 2 p.m.**
Meeting at Senior Center. Open to public.

Sept. 20, **AARP Chapter #4042 Meeting - 1:30 p.m.**
Meeting at Sons of Italy Hall, King Hill Rd/Braintree

Sept. 22. **COA Associates Annual Meeting - 2 p.m.**
Meeting at Senior Center. Open to public.

Sept. 27, **Braintree Alzheimer's Support Meeting 5 p.m.**
Speaker on "Music Therapy". Light supper provided.
Please call for reservations.

Braintree Dept. of Elder Affairs Services

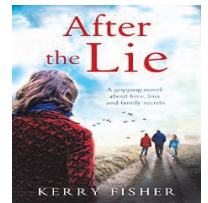
(Hours: 8:30 am – 4:30 pm M-F)

- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor/Library Express
- **Transportation:**
Medical Van Rides
Senior Center Activity Rides
Shopping Shuttles
- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Day Trips
- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meeting
Bereavement Support Group
- **TRIAD (Senior Safety)**
- **SHINE (Health Insurance Counseling)**
- **ASK THE LAWYER (Free Consults)**
- **Medical Equipment Loans**
- **Health & Fitness Programs**
- **Educational Programs/Seminars**
- **Volunteer Opportunities**

Braintree Dept. of Elder Affairs Book Club Group Thursday, September 15, 2016 10:30 a.m.

If you enjoy reading, this is the group for you! We read one book a month, which is supplied by the Library (so there is not cost involved). Come enjoy some very interesting books and some lively conversations.

Sept. Book:
"After the Lie"
by: Kerry Fisher



A gripping novel about love, loss and family secrets. *Sometimes a lie can split your life in two. There is "before", and there is "after". Try as you might – you can never go back.*

Braintree

Department of Elder Affairs

"Special Activities"

(Please call 781-848-1963 for more information)

See our newsletter calendar for listing of all activities!

Sept. 6, "LOW" Vision Group Meeting at 10 a.m.
Support for seniors with low vision problems.

Sept. 6, SHINE Insurance help at 10 a.m.
Appointments every Tuesday for help on all medical insurance issues. Call for appointment.

Sept. 7, ASIAN Program at 10 a.m. 長者服務
Programs held at Senior Center every Wed.
Please call for information.

Sept. 7, Bingo at Senior Center at 1 p.m. & 21
\$4.00 covers all games. Refreshments served

Sept. 12, New: Current Events & Coffee at 10 am & 26
Come join this new group - going well!

Sept. 12, Belles & Beaux Musical Party at 1 p.m.
Open to all. Cake & Ice Cream served.

Sept. 12, Bereavement Support Group 2 p.m. & 26
See newsletter article for information.

Sept. 13, Supper Club to Lobster Hut/Plymouth
Early supper 3-6 p.m. Call for van reservations.

Sept. 22, Aging with Humor Talk at 1 p.m.
See article and call us to sign up.

Sept. 26, New: Geronimo Card Game at 1 p.m.
Come join this new group - going well!

Sept. 29, Senior Center Luncheon at 12 p.m.
Ticket holders only—Purchase \$8.00/ticket

Sept. 30, Moose Club Senior Luncheon at 12 p.m.
See newsletter article and call to sign up.

Braintree

Department of Elder Affairs

"Senior Luncheon"

Thursday, September 29, 2016

@ 12 noon—\$8.00 Ticket

Please come in and pre-purchase a \$8.00 ticket to our monthly luncheon and enjoy a delicious home cooked meal. After our Italian luncheon sit back & enjoy accordion music by Paul Cavallaro.

Come join the fun!



Luncheon menu:

Salad & Hot Garlic Bread

Chicken Parm. & Ziti

Dessert/Coffee

BRAINTREE

SENIOR CENTER

MOVIE DAY

Wednesday, September 28, 2016

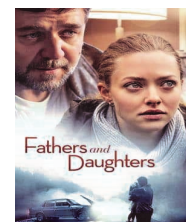
12 noon

Come earlier, bring a bag lunch and enjoy coffee/pastry. Popcorn served during the movie.

Note....Movie starts promptly at noon!

MOVIE:

"Father & Daughters"



Plot: Jake Davis, a Pulitzer-winning novelist, finds himself fighting against the world when a fatal car accident leaves him to raise his five-year-old daughter, Katie, all on his own. Watch how Jake fights to hold on to the thing he loves most - his daughter, at the cost of his fortune, sanity, and ultimately even his own life.

From the Director.....

Braintree Senior Center Presents...
Sister Lois Connors
"Aging with Humor"
Thursday, September 22, 2016
1 p.m.

Sister Lois Connors, RN, BSN is a Sister of St. Joseph and a retired nurse.

Sister Lois gives talks on *"Aging With Humor"*, based on her long experience of nursing in the Boston area.

Come enjoy her talk at the Braintree Senior Center on **September 22nd at 1 p.m.**
We will take donations for the Sisters of St. Joseph.

Refreshments will be served after Sister Lois' talk. Please call to sign up beginning Sept. 1st

781-848-1963

Braintree Moose Lodge #403
Senior Luncheon
Friday, September 30, 2016
12 noon - 3 p.m. (free)

Our friends at the Braintree Moose Lodge will once again be hosting their **"Braintree Annual Senior Luncheon"** on Friday, Sept. 30 at 12 noon at the Moose Lodge, 175 Howard St., Braintree.

Please plan to attend and enjoy a delicious hot turkey luncheon, then stay for some fun, entertainment and raffles.

This event is free and held by the Loyal Order of the Moose and the Women of the Moose.

Space is limited and you must sign up by calling the Braintree Senior beginning Sept. 1st.

781-848-1963

(Space limited & Braintree seniors only)

From The Chairman of the Board.....

**Braintree Senior Center
Computer Classes**
Next classes beginning 8/9/16
4 weeks each class



The Braintree Senior Center offers 3 free basic computer classes on Tuesday mornings at 9:30 a.m. & 10:45 a.m. each class runs 4 weeks:

101A: Basic Computer Classes
101B: Advanced Computer Classes & Internet
101C: Emails, Photo-download/saving/sending

We have a wonderful, knowledgeable instructor, Fran Danico, who will teach you all the basic skills in these 3 different classes offered.

Please call for information on class or to sign up:
781-848-1963 (wait list taken for future classes)

*The Officers & Members of the
Braintree Yacht
(9 Gordon Rd/Braintree)
cordially invite you to their
"Annual Senior Citizens Day Cruise"
Held on:
Saturday, September 17, 2016
12 noon ~ free*

*Please pick up tickets at
Braintree Senior Center
71 Cleveland Ave./Braintree
Braintree Seniors only ~ Space limited*



BELD BREAKFAST
Braintree Senior Center
Tuesday, October 4, 2016

BELD will host their annual **Senior Breakfast** (free) at the Braintree Senior Center on Tuesday, **October 4, 2016**. Two seating's will be available at **8 or 9:30 a.m.**

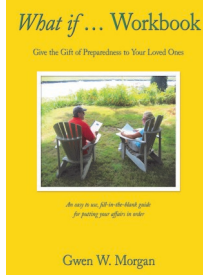
The tasty breakfast will be prepared and served by the Braintree Rotary Club, then a **BELD** Representative will give an overview of what's new at the Braintree Electric Light Department




Please call the Senior Center beginning Sept. 1st to sign up for this event: **781-848-1963**
(Braintree resident only ~ limited seating)

**Braintree Dept. of Elder Affairs
TRIAD MEETING**
Wednesday, Sept. 14, 2016
10:30 a.m.

Ms. Gwen Morgan will speak about her book "**What if...Workbook**" which was created to serve as a comprehensive guide assisting individuals and families in putting their personal affairs & final wishes in order.

Meeting open to everyone
Please attend important talk!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please note.....special activities will have a write up in this newsletter about the event. Do not call before the first of the month to sign up for any special activities.</p> <p>*Please note there are \$\$ charges for all our exercise programs, call for information regarding these charges.</p> <p>*All other activities are \$.50/donation to help with Senior Center expenses.</p>	<div>   </div> <h1>SEPTEMBER</h1> <h2>2016</h2>			
<p>5</p> <p>HOLIDAY LABOR DAY</p>  <p>SENIOR CENTER CLOSED TODAY</p>	<p>6</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:30 Bocci (outdoors) 10:00 Walking Group 10:00 Vision Group Meets 10:00 SHINE Insurance help 12:30 Bridge 1:00 Cribbage 1:30 Zumba Exercise</p>	<p>7</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker 1:00 BINGO</p>	<p>8</p> <p>Shopping Shuttle/S&S 9:30 Chair Yoga 10:00 Mahjong Game 10:00 Photography 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet</p>	<p>9</p> <p>9:15 Exercise Class 10:00 Special Van Trip: Hanover Mall Plaza 10:00 Weight Loss Group 12:00 Pool Players 12:30 Women's Poker 1:30 Zumba Exercise</p>
<p>12</p> <p>10:00 Current Events & Coffee Hour 11:00 QiGong/Tai Chi 12:00 Trivia & Coffee 12:00 Pool Players 12:00 Poker</p> <p>1:00 Belles & Beaux Musical Entertainment (Thank you Royal Rehab. for the delicious cake)</p> <p>2:00 Bereavement Support Group Meeting See newsletter article!</p>	<p>13</p> <p>Shopping Shuttle/Roche 9:00 S&S Bus (housing) 9:30 Bocci (outdoors) 9:30 Computer 101A 10:00 Walking Group 10:00 Blood Pressure at Senior Center (free) 10:00 SHINE Insurance help 10:30 Wii Bowling Group 10:45 Computer 101B 12:30 Bridge 1:00 Cribbage 1:30 Zumba Exercise 3:00 Supper Club: Lobster Hut/Plymouth</p>	<p>14</p> <p>9:15 Exercise Class 9:30 Ask the Lawyer Attorney Alexis Levitt (free) by appointment 10:00 Asian Outreach Program 長者服務 10:30 TRIAD Meeting Open to all-see article! 12:00 Pool Players 12:00 Poker</p>	<p>15</p> <p>Shopping Shuttle/Roche 9:30 Chair Yoga 10:00 Mahjong Game 10:30 Book Club Meets Book: "After the Lie" 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet</p>	<p>16</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 12:00 Pool Players 12:30 Women's Poker 12:30 Ask the Lawyer Attorney Wayne Gilbert (free) by appointment 1:30 Zumba Exercise</p> <p>2:00 Board Meeting (Open to the public)</p> <p>**Reminder Braintree Yacht Club Senior Cruise on Sat. Sept. 17th at 12 noon Ticket required!</p>
			<p>1</p> <p>Shopping Shuttle/Shaws 9:30 Chair Yoga 10:00 Mahjong Game 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet</p>	<p>2</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 12:00 Pool Players 12:30 Women's Poker 1:30 Zumba Exercise</p>

<p>19</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker</p>	<p>* AARP Meets today 20</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:30 Bocci (outdoors) 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE Insurance help 10:30 Wii Bowling Group 10:45 Computer 101B 12:30 Bridge 1:00 Cribbage 1:00 Ask the Lawyer Attorney Thomas Williams (free) by appointment 1:30 Zumba Exercise</p>	<p>21</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker 1:00 BINGO</p>	<p>22</p> <p>Shopping Shuttle/Shaws 9:30 Chair Yoga 10:00 Mahjong Game 10:00 Photography 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet</p> <p>1:00 Aging with Humor (see article & sign up)</p> <p>2:00 COA Meeting (Open to the public)</p>	<p>23</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 12:00 Pool Players 12:30 Women's Poker 1:30 Zumba Exercise</p>
<p>26</p> <p>10:00 Current Events & Coffee Hour 11:00 QiGong/Tai Chi 12:00 Trivia & Coffee 12:00 Pool Players 12:00 Poker 1:00 Geronimo Game</p> <p>2:00 Bereavement Support Group Meeting See newsletter article!</p>	<p>27</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:30 Bocci (outdoors) 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE Insurance help 10:30 Wii Bowling Group 10:45 Computer 101B 12:30 Bridge 1:00 Cribbage 1:30 Zumba Exercise</p> <p>5:00 Alzheimer's Meeting "Music Therapy" Speaker & Supper Courtesy of Grove Manor (Please call to sign up)</p>	<p>28</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker 12:00 Movie Day: "Fathers & Daughters"</p> 	<p>29</p> <p>Shopping Shuttle/S&S 9:30 Chair Yoga 10:00 Mahjong Game 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet</p> <p>12:00 Senior Luncheon (Please pick up ticket \$8)</p>  <p>Chicken Parm!</p>	<p>30</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 10:30 Blood Pressure (free) by Home Instead 12:00 Pool Players 12:00 Moose Club Senior Turkey Luncheon (See article/call to sign up) 12:30 Women's Poker 1:30 Zumba Exercise</p>

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From the Outreach Dept.....

**Braintree Dept. of Elder Affairs
4 Weeks (Fridays in October)
Acrylic Painting Workshop
\$20.00 total (must pre-pay)**

On Fridays, October 7th, 14th, 21st and 28th at 10-11:30 a.m. a **4 week Acrylic Painting Workshop** will be offered by Barbara Wilson, that will stress a realistic composition of fall, still life objects.

A model painting will be demonstrated in a step-by-step method. *No experience necessary.*

Students with some experience who would like to work on their own painting, are also welcome, and will receive individual instruction.

Some supplemental supplies are available for use, but it would be helpful to purchase a set of tube style acrylics with basic colors, and a few acrylic brushes.

Canvas boards 11" by 14" will be available for a small fee, but if you would like another size, please bring to first class.

Hope to see you in painting class! Class size limited to 12 students. Fee for workshop **\$20.00.**

**Please sign up & pay fee at Braintree Senior Center
You can sign up in September for this workshop.**

**Braintree Dept. of Elder Affairs
Alzheimer's Support Meeting
Tuesday, September 27, 2016
5 p.m.**

Come join our monthly Alzheimer's Support Meeting which is always held on the last Tuesday of each month at the Braintree Senior Center, 71 Cleveland Ave., Braintree, MA at 5 p.m.

This month we are pleased to have a wonderful speaker on "Music Therapy for Alzheimer's patients" by Nichole Craven from:

We will also be serving a light supper provided each month by the Grove Manor Estates (an Independent & Assisted Living Community on Grove St., Braintree)

Please call Senior Center for reservations:
781-848-1963

Educational Town Information

From the Health Dept....

From the Recycling Dept..

Do you know . . . that for your convenience, the lid of your recycling cart has an informational label addressing frequently asked questions? It contains helpful telephone numbers and website links regarding trash & recycling services. It also goes into detail regarding the Town's curb-side and drop-off services. The next time you take the recycling out; take a look at all the information that is literally at your fingertips.

Things to remember....mattresses and box springs can be placed curbside and are considered as one item. They are categorized as bulky or large items. Simply place them a couple of feet away from carts. Also, fluorescent bulbs **cannot** go in the trash due to their mercury content, which is hazardous. They can be recycled at the Recycling Center/257 Ivory Street.



Get Ready Now for Medicare's Open Enrollment – October 15 – December 7

If you are interested, fill out the SHINE Pre-Enrollment form available at the Receptionist's Desk at the Braintree Department of Elder Affairs so you can receive information about the best Medicare drug plan for you in 2017 (or call 1-800-243-4636 and Press 3 to request a form be mailed to you).

You can fill out the form and send it in to the SHINE regional office now. This will allow the SHINE program counselors at the regional office to enter your information in advance so they can do the search as soon as the information becomes available on October 15.

It's important that you review your coverage every year. Plan premiums, formularies and co-pay costs change. SHINE counselors look to find coverage that meets your needs at the lowest cost. If you provide the income information requested on the form, SHINE will also check to see if there are any benefit programs that might help with some of your health care costs.

It's not too early to make sure you have the coverage you want in 2017

Braintree Department of Elder Affairs.....Newsletters are available at the Senior Center, Town Hall, Library, Banks, Supermarkets, Pharmacies, Churches, Stores, some Medical Facilities and on line at the Town of Braintree web-page: **www.townofbraintreegov.org**

Call the Senior Center at (781) 848-1963 for a location near you and any information you may need. The Braintree Dept. of Elder Affairs *gratefully* accepts donations and thanks all who have donated to our great programs!

Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184
781-848-1963

Place
Stamp
Here



Please recycle!

Braintree Department of Elder Affairs: Information & referral, Outreach assistance, transportation - both local & Title IIIB SSES grant funded MAP rides to Boston, shopping, SHINE insurance help, TRIAD services, healthcare clinics, support groups, informational seminars, recreation/activities, trips, tax counseling, medical equipment loans, resale & craft shops and many volunteer opportunities. Our Veteran Agent, Richard Walsh, now at this location (781-794-8217). **For information call: 781-848-1963 or www.townofbraintreegov.org**

Braintree Dept. of Elder Affairs Board Members 2016
Henry (Hank) Joyce, Chairman of Board



Wayne Gilbert, Vice Chairman
Ann Moore, Secretary
Robert Caruso, Treasurer

Lucille Barton, S.S. Liaison
Mary Cirignano, Member
Leland Dingee, Member

June Newman, Member
Dave Shepherd, Member
Jerry Twohig, Member

Dear "Friends".....